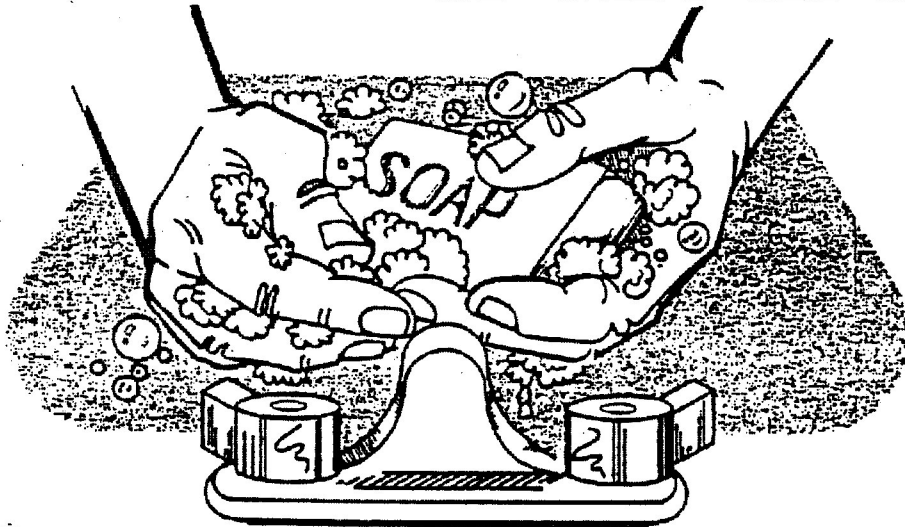


**THE**



# **METHOD OF HAND WASHING**



- ① Use SOAP and RUNNING WATER
- ② RUB your hands vigorously
- ③ WASH ALL SURFACES, including:
  - ④ backs of hands
  - ④ wrists
  - ④ between fingers
  - ④ under fingernails
- ⑤ RINSE well
- ⑥ DRY hands with a paper towel
- ⑦ Turn off the water using a PAPER TOWEL instead of bare hands

